

# Health Centre PRO - Report

Tanita SA - Health Centre

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**First Name :** John  
**Surname :** Doe  
**Date of Birth :** 14/05/1975 **Body Type :** STANDARD  
**Gender :** Male  
**Age :** 37

**Analysis**

**Last Results**

**Date :** 08/01/2013 01:51:45 PM 3.3  
**Weight :** 97.8 **BodyFat (%) :** 19.1  
**Height :** 195 **Body Water (%) :** 52.2  
**BMI :** 25.72

Current
Body Fat (%)
BMI
Weight
Body Water (%)
Height

Bodyfat = 19.1%

BMI = 25.7

Body Water = 52.2%

Visceral Fat = 7.0

**Measurement List**

	Date Time	Weight	Height	Body Fat	Body Fat Mass	Fat Free Mass	Muscle Mass	Body Water	BMI	Standard Body ...	Degree Of Obe...	Visceral Fat Rating	BMR_KJ	BMR_kcal	BMR_score	Metabolic Age	Del
▶	08/01/2013	97.80	195	19.10	18.68	79.12	75.32	52.20	25.72	83.70	25.80	7.00	9770.00	2335.00	10.00	39.00	<input type="button" value="X"/>
	15/12/2012	100.20	195	21.30	21.34	78.86	75.06	50.00	26.35	83.70	25.80	7.00	9770.00	2335.00	10.00	39.00	<input type="button" value="X"/>
	10/11/2012	102.50	195	22.20	22.76	79.75	75.95	48.00	26.96	83.70	25.80	7.00	9770.00	2335.00	10.00	39.00	<input type="button" value="X"/>
	21/10/2012	105.40	195	25.10	26.46	78.94	75.14	44.00	27.72	83.70	25.80	7.00	9770.00	2335.00	10.00	39.00	<input type="button" value="X"/>
	07/09/2012	107.50	195	26.40	28.28	79.22	76.22	41.00	28.37	83.70	25.80	7.00	9770.00	2335.00	10.00	39.00	<input type="button" value="X"/>

09:27 AM 15/01/2013

# Individual Analysis

Name : **John Doe**  
 Age : **37**

Gender : **Male**  
 Body Type : **STANDARD**

## Current

Weight (kg) : **97.8**  
 Height (cm) : **195**  
 Bone Mass (kg) : **3.8**  
 Metabolic Age : **39**

Last Measurement Date : **08/01/2013 01:51:45 PM**



BMI = 25.7



Bodyfat = 19.1%

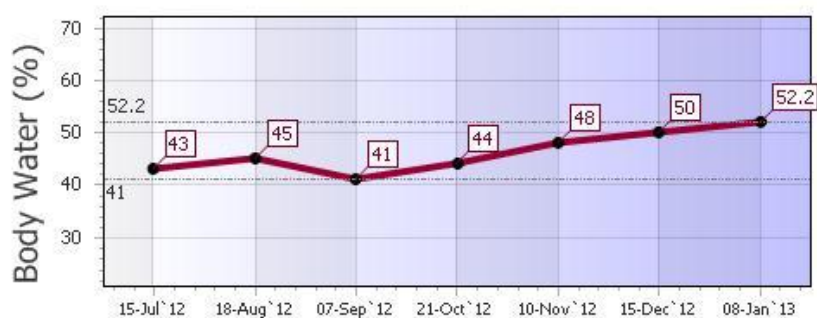
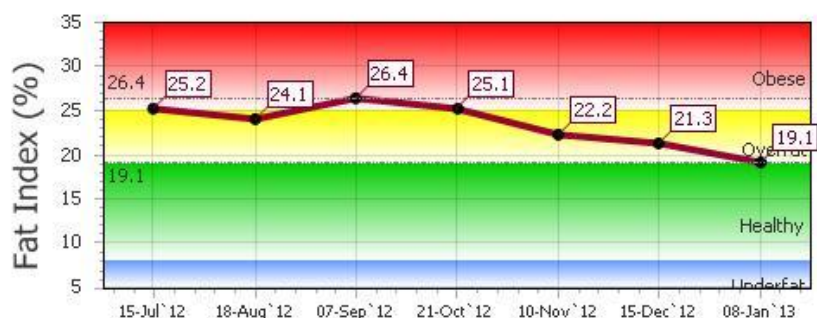


Body Water = 52.2%



Visceral Fat = 7.0

## History



# Measurement Detail

Name **John Doe**

Measurement Device : **SC-240**

Body Type  Std  Athletic

Age **37**

Gender  Male  Female

Measurement Date **2013/08/01 13:51**

Height (cm)

Weight (kg)

BMI



BMI = 25.7



Bodyfat = 19.1%

Bodyfat (%)

Bodyfat Mass (kg)

Bone Mass (kg)

Muscle Mass (kg)

Visceral Fat Rating

Fat Free Mass (kg)



Body Water = 52.2%



Visceral Fat = 7.0

Body Water (%)

Body Water Mass (kg)

Activity Level **Moderate**

BMR (kJ)

BMR (kcal)

Std Body Weight (kg)

Daily Calorie Intake (kcal)

Degree of Obesity(kg)

BMR Score

Muscle Score

Metabolic Age

Rohrs Index

Impedance Body  $\Omega$

Save

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